

# Carolina Country

A photograph of a cherry orchard. In the foreground, a white bowl is filled with ripe, red cherries. Several cherry branches with clusters of red fruit hang over the bowl. In the background, a small, light-colored house with a grey roof is visible on a green hillside. The scene is set in a lush, green environment, likely a farm or orchard.

JUNE, 1974



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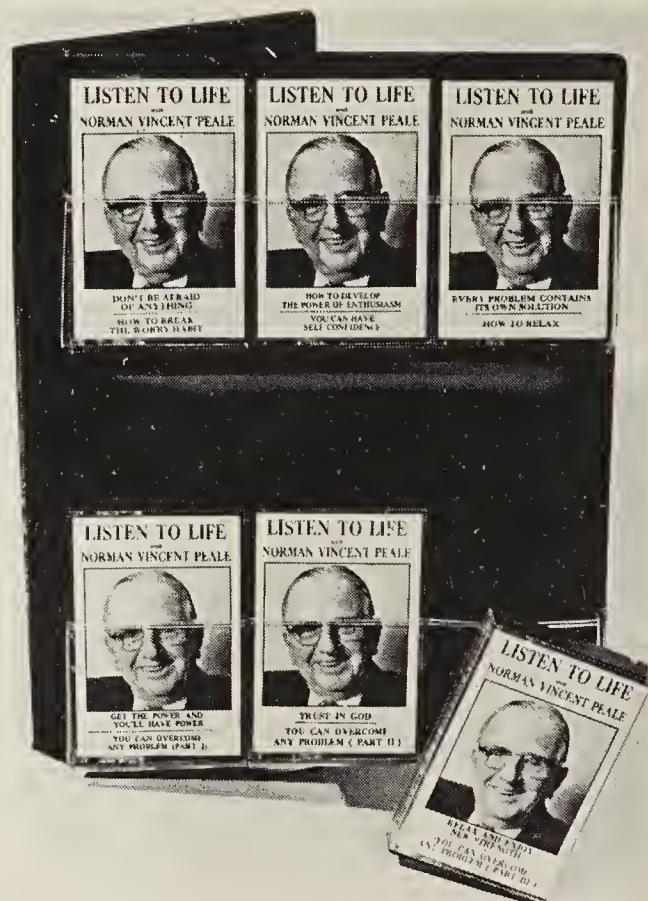
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# Carolina Country®

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Your EMC's Magazine

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Carolina Homemaker Editor

Official Publication

North Carolina Electric

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General Manager & Executive Vice President

## A Contest for Young Readers

Although somebody for reasons that defy reason has changed our state's travel slogan, North Carolina is still "Variety Vacationland." And because *Carolina Country* feels everybody should get to know North Carolina's vacation attractions better, we're holding a contest in the hope it will encourage our readers to spend their vacations in Variety Vacationland.

The contest is open to all girls and boys in the fourth through twelfth grade age group in all families which read *Carolina Country* magazine. All you have to do to enter, if you're in that age group (roughly 9 through 17), is write a short theme, not more than 300 words long, on "Why North Carolina is called Variety Vacationland," telling why north Carolina is a good place to spend a vacation.

The best written and most convincing themes will win prizes. We're offering three sets of prizes: one for boys and girls in the fourth through sixth grade age group; one for those in the seventh through ninth grade age group, and one for those in the tenth through twelfth grade age group. The first prize in each division will be \$15, the second \$10, and the third \$5.

The theme you submit in our contest can be written any way you like so long as it states reasons for spending a vacation in North Carolina and tells why North Carolina is called Variety Vacationland.

The only rules are: 1. That you write your entry yourself; 2. That the reasons you give and thoughts you express are your own; 3. That your writing is legible enough to be read by the judges; 4. That you put your name, age and grade (the grade you'll be in this fall), and the name and correct and complete address of your parents or guardian at the end; 5. That you mail your entry to us not later than Sept. 30, 1974.

Send your entry to: Contest Editor, *Carolina Country*, P.O. Box 1699, Raleigh, N.C. 27602. Remember, you must mail it by Sept. 30.

The deadline means you'll have all summer to enjoy your vacation, learn about North Carolina and think of what you want to tell about it. You shouldn't have to do a lot of research and look up and copy a lot of things out of books. Your own words and your own thoughts, your own experiences in Variety Vacationland this summer will serve you better, and even if you don't win a prize, you'll have fun.

Jim Chaney

Notice: The fact that a product is advertised in this magazine should not be taken as an endorsement. If you find an advertisement misleading, or a product unsatisfactory, notify us. We will notify Attorney General's Consumer Protection Division.

OVER — Lindsay Edwards of West  
Jefferson made the picture at the  
home of his mother Lillie at Todd. He  
calls it "Cherry Picking Time in Wes-  
tern North Carolina," where, he says,  
most of the old home places have at  
least one cherry tree in the yard. Since  
*Carolina Country* first used one of his  
pictures for a cover, in May, 1969,  
Lindsay has won several prizes for  
photography, including a \$400 camera  
outfit for first place in a national  
contest, and has had his photos used  
by national publications.

This Month . . .

4 YOU AND YOUR GOVERNMENT  
3 TRADITIONS IN TRANSITION  
3 SEDIMENTATION  
2 THE CAROLINA HOMEMAKER  
0 WILL SUCH PROGRAMS DIE?

CAROLINA COUNTRY (formerly THE  
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CAROLINA COUNTRY JUNE, 1974





# YOU AND YOUR GOVERNMENT

## A Report by Rep. Jim Martin, Ninth District

This is the eleventh in a series of messages prepared for *Carolina Country* by members of North Carolina's Congressional delegation

As the Ninth District's Congressman, Representative James G. (Jim) Martin serves the people of Iredell, Lincoln and Mecklenburg counties. His home address is Davidson. He has a district office in Charlotte.

During the past 15 months, since coming to Washington to represent the people of the Ninth Congressional District, I have had the opportunity to work with many major issues that will have a long range effect on the future of the Nation.

I was fortunate to have been selected to serve on the House Committee on Science and Astronautics and the Committee on Interior and Insular Affairs. Both Committees are totally involved with one of the major issues of this decade, our energy problems, and how to solve them.

I have spent a considerable amount of time researching our energy situation and have reached a number of conclusions.

We are beginning to hear more each day about the easing of the energy crisis. The picture is much brighter than it was a few months ago, but I must caution against being lulled into a false sense of security now that gasoline supplies seem adequate. They will be, but only as long as we continue voluntary conservation practices, and as long as the Arab oil embargo stays lifted.

To be sure, millions of gallons of gasoline are being saved by the reduced speed limits on the Nation's highways (not to mention the lives that have been spared because of slower speeds, as pointed out by the National Safety Council). Yet for the long run, we still face a shortage of petroleum products until we develop new sources of energy to offset our fuel demands.

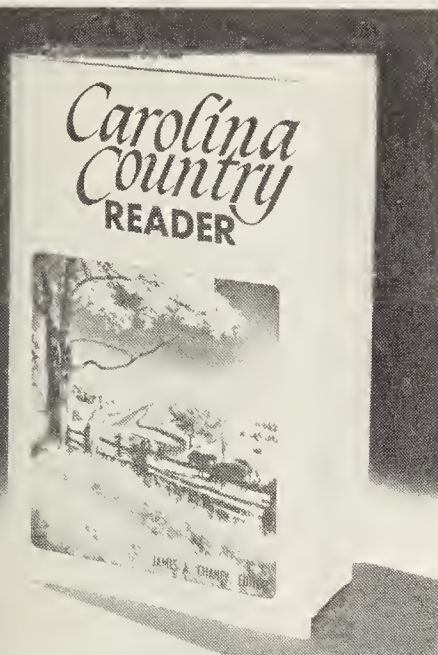
We can look for scapegoats, namely the government, environmentalists and the oil companies, but this doesn't offer solutions. The biggest hazard today is that widespread anger will stimulate Congress to just "do something" whether it helps or makes matters worse. We have seen this with passage of legislation to roll-back prices on crude oil. While popular for the short term, making gas a little cheaper at the pump, it would slow down production and make the shortages more severe, and is thus Anti-Consumer.

The best way to deal with oil problems is to maximize exploration and drilling for oil, and construction of refineries, while developing expanded use of coal and atomic energy, and the more exotic solar and geothermal energy sources.

Rural America has a great stake in resolution of our energy problems. Not only are our rural areas almost totally dependent on oil for transportation, they also rely on oil to a great degree for heating. In addition, farming operations demand petroleum products far beyond mere gasoline and diesel fuel. They are greatly in need of petroleum-based fertilizers and other petro-chemical products. Processing of farm products, to say nothing of their transportation to market, are great energy consuming operations. Urban-America, and suburban America particularly, see energy shortages in terms of gasoline shortages for the family car. They must realize that there is more to the energy crisis than gasoline.

We must continue to struggle toward being self-sufficient in energy in all its forms. We must increase electricity-generating capacity. In rural areas a steady supply of funds for this purpose, at a level below what utilities pay in the market, is available for co-ops and must be maintained. We need to speed development of new energy sources and increase production from older sources. And, we must all conserve what we do have. Unless we do that, as trustees for future generations, all the rest could be futile.

# CAROLINA COUNTRY BOOKS

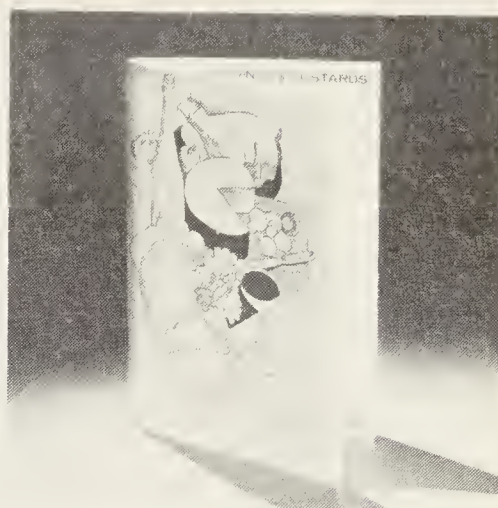


*Carolina Country Reader*, by Jim Chaney, with foreword by Sam Ragan, has been called "a book for all seasons — the human seasons as well as the turns of the calendar." Other reviewers have written: "The stories are entertaining and rich in everything from humor to pathos. Sprinkled through its pages are a number of excellent poems." A review in *THE LATE* said, "Carolina Country Reader could only have been put together by someone who loves North Carolina and its citizens, and it should be in the home of every true Tar Heel."

Published by Moore Publishing Co., Durham, N.C., *Carolina Country Reader* is a 269-page, attractively bound book with original illustrations containing more than 90 favorite stories, essays, articles and poems from *Carolina Country* magazine.

Ask for *Carolina Country Reader* wherever books are sold. If there's no bookstore in your community, or you'd prefer to have the book delivered to your mailbox, use the coupon below. The coupon price includes tax and mailing costs.

The author/editor has pledged his share of the proceeds from the book towards the establishment of a *Carolina Country* scholarship for first-year medical students who agree to go into family practice in rural North Carolina. By agreement with the book's publisher, 40 percent of the money received through this coupon offer will also go to the scholarship fund.



Several thousand copies of *Carolina Country Cookbook* have been sold since we first offered it to our readers. It is a bargain of a cookbook, chock full of *Carolina Country* flavor, and the recipes all were evaluated and kitchen-tested by good cooks to make sure the instructions and measurements were correct.

Orders are still coming in for *Carolina Country Cookbook* but the supply remaining is limited. If you don't have a copy, use the coupon below to order one now. And while you're at it, order extra copies to give as gifts to the good cooks you know. The price is only \$1.50 each (including tax and mailing). Forty percent of the proceeds will go to the Carolina Country Family Medicine Scholarship Fund.

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# Traditions in Transition

By Owen Bishop

**I** think it got people involved and working together for the first time!"

That comment came from Sam Morris, editor of the *Raeford News-Journal*, as he discussed the effectiveness of a recent community project which was conducted in Hoke County.

The project was the Hoke County Forum, a series of public programs designed to involve citizen participation in a review of the problems confronting the county and its sole community of Raeford. It was sponsored by the Raeford Woman's Club, with support from a \$3,000 grant from the North Carolina Committee for Continuing Education in the Humanities. (NCCCEH).

Morris said the Forum "opened the eyes of a lot of people," with regard to Hoke County's problems.

"Everybody seems to agree that it was good for the community," he added.

T.C. Jones, a farmer who serves as chairman of the Hoke County Board of Commissioners, called it a "wonderful success."

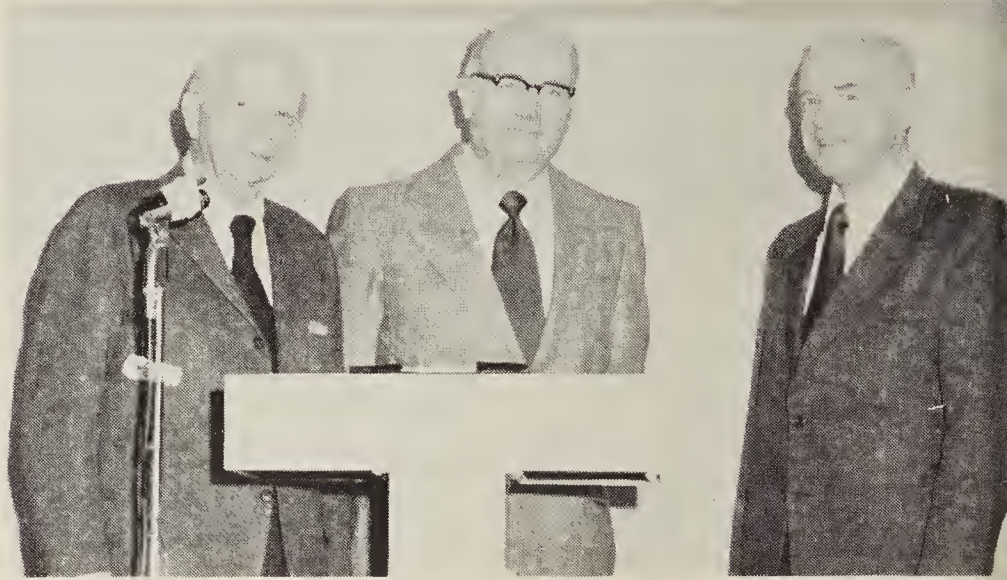
He said the Forum has "helped people in the county to understand the workings of the various governmental offices" and will "cause people to take a more active part in the county's government."

Mrs. Mina Townsend, president of the Forum-sponsoring Woman's Club, credited the program with bringing about at least part of the unprecedented political activity which led up to this year's spring elections.



Dr. Jim Noel

Mrs. Mina Townsend



Albert Coates, Raeford Mayor John K. McNeill, Jr. and Warren Jake Wicker

A total of 11 candidates, including an Indian and two blacks, filed for three seats on the Board of Commissioners, and the field in the Board of Education race included two blacks.

Mrs. Townsend, who was among those running for the Board of Education, believes the number of candidates and the involvement of non-whites may be a "direct result of the Forum."

Miss Josephine Hall, a retired home economics extension agent who now serves as part-time coordinator of the Hoke County senior citizens program, suggested that the Forum "did a lot to unify the county and to make the community more wide awake."

Raeford Mayor John K. McNeill, Jr., said it may be too soon to measure all of the effects of the Forum, but he observed that "those who attended the programs certainly improved their knowledge and I'm sure that some seeds were sown that are going to have some effects in the future."

The theme for the Forum was "The County Faces the Future," and each program focused on a major public policy issue which the organizers felt were of primary concern in Hoke County: recreation, race relations, the family, land use and controlled growth, and the authority of local government.

"All of the topics considered were things that were recognized as problems by people in the community," said Mrs. Townsend.

Each program featured one or more guest speakers from outside the community and a panel of reactors. The speakers included academicians and governmental officials from across the state. Among them were: Chapel Hill Mayor Howard Lee; Albert Coates, founder of the Institute of Government at UNC-CH; Warren Jake Wicker, assistant director of the Institute; Donald D. Moore, a professor at Southeastern Theological Seminary; and community service officials from NCSU and several others.

Mrs. Townsend said all of the issues discussed were related to "the quality of life we wanted for our community."

"Any decisions that are going to be made on race relations, land use, recreation or anything else have to be supported by a value system" and the value system sets the priorities which govern the quality of life she added.

As a result, when plans were being made for the Forum programs, the organizers invited Dr. Maynard Adams, Kenan Professor of Philosophy at UNC-CH and a former minister, to kick-off the series with a discussion "The Quest for Quality in Life."

In his address, Dr. Adams sketched out a grim picture of American society, using broad strokes of gray and black. Many in the audience felt he had given an accurate description of the country which has been overcome by materialism. But others thought



was far too negative.

Mayor McNeill recalled the incident: "Someone stood up and said it's not at all like that in Hoke County, but Dr. Adams didn't back off. He said it just hasn't gotten here yet."

The reaction to Dr. Adams' remarks set the entire county abuzz.

"It was just amazing," said Mrs. Townsend. "The day after his talk, people were just clustered together talking about it — in the barber shops, on the street corners, in teachers meetings, in church gatherings. It was like that all over the county."

Between 150 and 200 people turned out for each of the programs and the interest was strong enough to prompt local churches to schedule study courses around Forum dates, and local civic clubs to attend Forum sessions in lieu of their regular meetings.

The schools became involved to the extent of scheduling high school ballgames to avoid conflicts with the forum, while many teachers were requiring the students to attend Forum programs.

This citizen participation in examining the community's problems may have been the Forum's most important accomplishment, according to Dr. Jim Noel, executive director of NCCCEH. "If nothing else came out of it, the forum succeeded by simply bringing people together to talk about their community and its problems. Just for white and non-white people to sit down and talk with one another is something that probably had never been done before in this community."

It is this kind of community involvement that the NCCCEH is hoping to promote through its statewide grants program.

"We hope to bring people together to look at their communities — to say what is our community going to be in the future and what do we want it to be," said Dr. Noel.

In the past two years, the committee has awarded grants totaling \$70,000 to finance 83 projects in various communities throughout the state. And, another set of grants was scheduled to be awarded early in June. During 1974, the agency will award a total of \$235,000 in grants.

All of the Grant funds come from the National Endowment for the



## Committee Members

The North Carolina Committee for Continuing Education in the Humanities is chaired by Dr. George E. Bair, director of University of North Carolina Television.

Its members are: Dr. Maynard Adams, Kenan Professor of Philosophy at UNC-CH; Dr. Richard Bardolph, head of the UNC-G History Department; novelist and UNC-CH faculty member Doris Betts; NCSU Chancellor John T. Caldwell; Jean Eason of the UNC-G Extension Division staff; Dr. Ben F. Fountain, Jr., president of the N.C. Department of Community Colleges; Dr. Austin T. Hyde, Jr. of Rutherfordton; James W. Jackson, dean of educational innovation at Appalachian State University; Dr. H.G. Jones, curator of the North Carolina Collection at UNC-CH.

Also: Tom Lassiter, editor of the *Smithfield Herald*; Dr. Sarah M. Lemmon, chairman of the Meredith College History Department; Dr. Lena Mayberry of the Isothermal Community College faculty; Dr. David J. Middleton, dean of the Division of Continuing Education at ECU; Dr. Cecil Patterson, dean of the Undergraduate School at NCCU; Sam Ragan, editor of the *Southern Pines Pilot*; Donald R. Roberts of the St. Mary's College faculty; Dr. Dwight Rhyne of the UNC-CH Extension Division staff and Dr. Thelma Roundtree, academic dean at Saint Augustine's College.



Dr. Bair

Humanities, and all grants are awarded on a 50 per cent matching basis. Any nonprofit organization in North Carolina is eligible to participate in the program, with the local share of the cost being provided either in cash or goods and services.

Projects funded during the first two years included a number of forums similar to the Hoke County program, as well as a wide range of conferences, adult education efforts, community involvement programs, dramatic presentations and professor-in-residence projects.

The professor-in-residence programs, which have been held in Johnston and Richmond Counties, are among the most successful of those funded, Dr. Noel said.

They involved a series of public meetings along the lines of those presented in Hoke County, but also featured an academic humanist who actually became part of the communities for a period of several weeks.

With his help, the communities could examine their problems more fully than they might have through the Forums alone.

The 19-member committee, which maintains executive offices in Greensboro, was formed in 1971 to develop a statewide program of adult education which would enable adults to interact with academic humanists in seeking solutions for community problems.

The group received a \$15,000 grant from NEH to study the feasibility of launching a state-based humanities program in North Carolina. That study entailed a series of five regional meet-

ings across the state, with the purpose of "finding out what was on the minds of the people of the state," Dr. Noel noted.

"From those conferences, it became apparent that a way of life that once existed in the state was rapidly changing, primarily as a result of urbanization."

The group decided the theme of its program should be *Traditions in Transition: The Impact of Urbanization on North Carolina Communities*. The NEH approved the committee's plans and subsequently provided funds to support the program. The initial grants were awarded in the fall of 1972.

During the first year, funded projects related to this theme by addressing themselves to one or more of three subthemes: local history, race relations and a sense of direction for urbanization. In the second year of operation, the overall theme remained the same, but the subthemes brought an emphasis on the family, land use and the political decision-making process.

This year, the subthemes have been eliminated and all projects must focus on *Urbanization and the Future of North Carolina Communities*, according to Dr. Noel. And, an effort is being made to direct the bulk of its funds to smaller communities.

"We realized in our first year that our programs in the smaller communities were often more successful than those in urban areas, at least in terms of community participation. So, last year we tried to concentrate more of

(Continued on page 16)





# SEDIMENTATION

USDA — Soil Conservation Service photo showing sedimentation resulting from erosion at an apartment construction site.

Unless precautions are taken to control erosion of land during construction operations, the run-off from sites winds up as sediment. The resulting sedimentation pollutes water and, among other things, contributes to flooding. The 1973 General Assembly adopted a Sedimentation Pollution Act to deal with the problem. Governor Jim Holshouser, State Soil Conservationist Jesse L. Hicks and other speakers discussed the problem and the new law at a Governor's Conference on Sedimentation in April. What the Governor and Hicks said is of such general interest, that excerpts of their remarks are presented for the information of Carolina Country's readers and other concerned North Carolinians. The Conference and a statewide series of workshops and seminars during the year represent an educational effort to, as the Governor put it, "make certain that every local government official, contractor and builder in North Carolina knows what this sedimentation control program is all about."

## From Address by Governor Holshouser

**E**rosion from construction sites in our cities and towns has become one of the major sources of stream and river pollution in North Carolina.

For many years, our most serious erosion problems resulted from the improper use of farmlands. But, eventually, the farmers discovered that in the long run, uncontrolled erosion was costing them money. They changed their methods of farming and greatly reduced the erosion caused by their operations.

But now, as our state gradually becomes more urbanized, we find that our major source of erosion is in and near our cities and towns.

According to the experts, 200 to 300 tons is the normal soil erosion rate during a year for every square mile of agricultural land. But that rate can be as high as 25,000 to 100,000 tons per square mile in areas being cleared for urban development where there are no controls on erosion.

To put it mildly, there is no excuse for much of this erosion. Those who have carried out their activity in such a way to permit large quantities of sediment to enter our State's streams have been acting in an irresponsible fashion.

The time has come for the city folks to take a lesson from their country cousins when it comes to the necessity for erosion control. As it was with the farmers, a major step toward curing our erosion problems in the cities and towns is through education.

While there always will be a certain amount of natural erosion, we can prevent about 90 per cent of our sedimentation problems in North Carolina by taking the technology that's available and putting it to work.

Just as our farmers learned to contour their rows and to rotate their crops, the contractors must learn how to build catch basins, to grass waterways and to slope drains. And just as our farmers didn't go broke implementing erosion control methods, our contractors won't either.

It's true that in some cases these preventive measures will cost the contractor money, and that he will pass the costs on to the consumers.

But these costs will not be as great as the value of urban land that is being wasted because of the lack of erosion control. Furthermore, the cost of erosion prevention is exceeded by the savings and benefits resulting from such steps. Problems created by erosion place a tremendous burden on public services, resulting in increased tax payments for the people of this State.

For example, we know that during the last 30 years, the cost of building reservoirs has tripled. It's also much more expensive to dig out and maintain these reservoirs. Yet, we still allow uncontrolled erosion to fill our water supply and recreation reservoirs at a rate 10 times faster than if erosion were controlled.

In some parts of North Carolina, the lakes in watersheds are filled up even before construction in the watershed is completed. People are drawn to an area by the promise of a lake to fill their water needs or to give them recreation opportunities, only to find the lake already is ruined before or shortly after they move in.

Our state sedimentation control people tell me that the greatest number of complaints they receive involve sedimentation of lakes in expensive housing developments. People purchased the houses with the understanding that a lake would be nearby. But sedimentation caused by unprotected construction and accelerated water runoff has filled up these lakes — and in some cases, turned them into mud flats.

The large sites needed for water supply reservoirs are too hard to come by and too expensive for us to put ourselves



in this treadmill of filling our reservoirs with sedimentation before we can use them to their original full capacity.

In addition, untold thousands – and probably millions – of taxpayers' dollars are spent each year maintaining, cleaning out and enlarging storm water collection systems clogged with sedimentation caused by uncontrolled erosion. These tremendous costs to the taxpayers, caused by private and public violations of the public streams, have resulted in establishment of regulations under the 1973 Sedimentation Pollution Act.

Few other regulations depend so heavily upon cooperation among various levels of government and private sector. I am confident we will get that cooperation.

Earlier this month, our Sedimentation Control Commission responded to two of the most prevalent comments made at the public hearings that were held prior to adoption of the new State regulations. It was felt by many that these regulations will bring about a change in methods and concepts of drainage and water flow management, and that any new concept, they could result in a certain amount of confusion, concern and frustration without adequate advance preparation.

The commission wisely agreed. It has set implementation of the majority of the regulations for January and March of next year, following a statewide series of educational seminars. Of course, we certainly hope those who understand the rules will not wait until January to implement the controls.

Meanwhile three mandatory standards to control erosion that went into effect last year remain in force and will provide a buffer of protection between now and next January.

Several of our local governments already have adopted sedimentation control ordinances. I would hope that as a result of these more specific regulations being available for guidance, and following the seminars, we will see more and more local governments assume this responsibility while looking to the State for support.

Effective control of erosion across this state has to be done on the local level. Because of the importance of in-site inspection, and the wide differences in geography and enforcement policies from community to community, this is where the majority of the responsibility has to lie.

Finally, I want to emphasize that this sedimentation control program is a symbol of something even greater that is happening in our State.

North Carolina is rapidly moving toward a position of leadership in this country as a state that is taking the necessary actions, not only to protect our precious natural resources, but also to see that these resources are not wasted but are used to strengthen economic progress in this State.

#### From Presentation by Jesse L. Hicks

Here in North Carolina, we have been aware of the destruction caused by erosion and the resulting sedimentation for a good many years. In fact, it was almost four decades that the first pioneer soil conservation work in this nation took place in North Carolina and the first soil and water conservation was created. The Brown Creek Soil Conservation District, which still serves Anson County, was the first in the nation – and made the United States first among all nations.

Soil, as a pollutant in water, carries chemicals along with it. It fills streams, clogs culverts, and damages our expensive municipal reservoirs by reducing their capacity as they are filled with sediment.

It is much better to hold soil in place than to deal with it after sedimentation becomes a problem. In most cases, it costs only a few cents per cubic yard to practice soil conservation and keep the soil resource in its proper place. But if the problem spreads, and sediment gets into culverts, reservoirs and stream channels, public authorities must spend up to \$10 per cubic yard to get it out and restore the natural capacity of the reservoir or roadway.

When natural waterways are clogged and when the natural 'soakability' of grass, shrubs and trees is removed and replaced with parking lots, shopping centers, housing developments and other man-made facilities, a genuine danger of flooding is created.

Every time we construct a shopping center roof, pave a highway or parking area, or create a similar artificial barrier to prevent rainfall from being absorbed in the ground, we increase the danger of flooding in that area. North Carolina lost several million dollars in 1973 through flooding and we have not yet remedied the conditions that led to that flooding. In fact, they are even worse today than they were.

Sediment also has damaging effects on our fish and wildlife resources. It silts up spawning beds, reduces light and decreases the amount of food produced for fish and covers natural nesting and food habitat areas.

Sediment affects recreation. No one wants to swim or go water skiing in silt-laden water and who can place a dollar value on the aesthetic aspect of a clear stream or lake versus one which is muddy?

A major source of the water consumed by our North Carolina population comes from surface water. There is an increased cost at filtering plants to take out sediment which most of our streams carry.

When sediment fills natural stream channels and man-made drainage ditches, homes are flooded and crops are 'crowned out,' causing health problems and economic hardship. Channel blockage also produces streambank erosion as the water seeks to widen the channel during storms to compensate for the reduced capacity. This is particularly evident in urbanizing areas as more runoff is produced by roof tops and paved parking areas. Streambank erosion can cause failure of flood walls and bridges.

There is no way of knowing all the damage that sediment causes and what effect it has on the nation's economy. Sediment is the largest single pollutant by volume that we have. Best estimates place sediment damage at \$500 million annually.

Erosion can be controlled by having an adequate soil cover – trees, grass or mulch. Mulching has become an important part of construction work on roads and urban development areas. Sodding, terraces, silt basins and grass seedlings are being used increasingly by contractors in housing developments to decrease erosion as well as beautify the area. Terraces and diversions, long used on cropland, can also be used in urban situations. They reduce the velocity and give the water longer and less steep paths on which to run. When velocity is reduced, the flowing water will not carry as much sediment along with it.



# MILLION DOLLAR DIKE

By Frank Roberts

**T**he Tadmore Drainage Dike in Newland Township, about 20 miles west of Elizabeth City, has saved farmers in the area millions of dollars since its construction for \$150,000 in 1956.

But getting it built required the combined patient efforts of about 100 farm families, recently retired Pasquotank County farm agent Swindell Lowery, Army Engineers, and a congressman.

All agreed the dike was necessary and federal approval for its construction was swift.

But 11 years passed before money for the job was available.

Meanwhile, flooding continued to occur frequently when water drifted down from The Dismal Swamp following heavy rains there. It would run straight down, washing out farms along the highway.

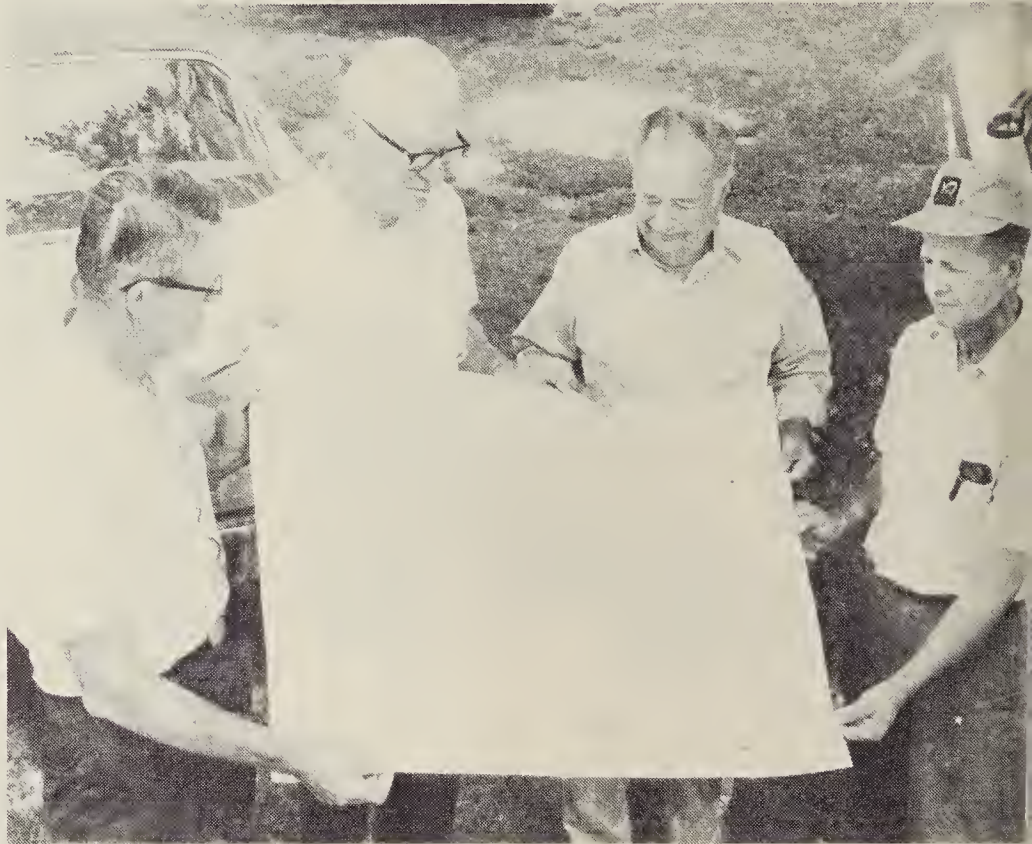
But the water is now diverted by the four-mile long dike which runs from U.S. 158 near the Gates County line, to the Pasquotank River.

It is about four and a-half feet above ground level and about 12 feet across. A canal was cut on either side, the dirt piled up to form the dike.

After heavy rains the farmers partially close the floodgates permitting most of the water to run alongside the dike and flow into the river.

Since becoming operative in 1957 "it has saved crops worth between \$75,000 and \$125,000 every two or three years," Lowery said.

Before that time, every two or three years the low-lying area would



Lowery and Committeemen Stafford, Bright, and Banks with map of dike project

be under so much water "boats would sail around the yards for months at a time," said J. Heywood Bright, a local farmer.

"There seemed no way to stop the fields from being flooded," Lowery said.

In 1945 he and the area farmers decided to look for a way. They met with the late Rep. Herbert Bonner (D-N.C.) and T.J. Hewitt, district engineer, Corps of Engineers, Wilmington.

"A survey was made, the situation was studied and everyone agreed something had to be done," Lowery said.

Swiftly, a bill introduced by Bonner to construct a dike was Congressionally approved.

But after that — nothing moved swiftly. For 11 years no money was appropriated, while more money was lost by the farmers as their land continued to flood.

Lowery said the money "was just not available" during those years.

On Sept. 20, 1956, Bonner and some of the Newland Township farmers met in Washington, D.C. to discuss the problem with The Subcommittee on Drainage of the Rivers and Harbors Committee.

It was the first of many meetings during which Bonner and the farmers continued to plead for money to build a dike.

Finally the project, approved 10 years earlier, was funded.

But construction of the dike did not end the problems. The engineer said that replacing the topsoil with clay would be an ideal solution since water does not seep through clay.

Bids were let for the job "and the winning firm just threw more dirt on top," Lowery said. "Water seeped through and for a while we thought we were back where we started."



"But we were finally able to get the company to replace the topsoil with lay," he said.

The dike finally became operative in 1957. The engineers maintained it for the next three years, the farmers taking over after that.

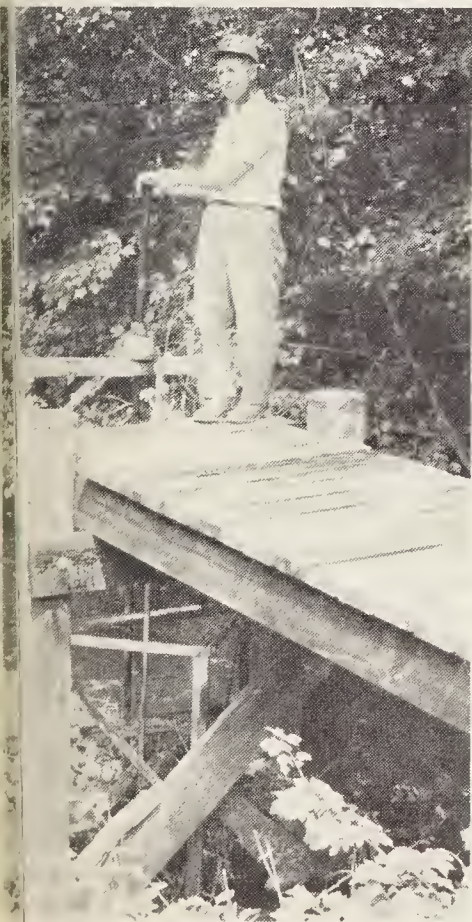
They use their own equipment, labor, and time to keep the grass and scrubby on and around the dike, at it.

The job is almost pleasurable for the men who remember what farming Newland Township was like in the past.

"The dike raised the value of our land from \$25 an acre to at least \$1,000," said Jake Stafford who, along with Bright and Howard Banks make up the Tadmore Drainage Dike Committee.

A survey showed that in its first year of operation, a year of heavy rains "the farmers would have lost a total of \$85,425," Lowery said. "That is the amount of damage the water would have done had there been no dike."

"Without it our property today would be worthless," Stafford said.



Floodgates control dike flow

## "The Yellow-hammer" 35

The tracks are still there. But pine trees have grown up taller than a man between the ties.

The old "Yellow-hammer" no longer chugs into small North Carolina towns. But Capt. Henry C. Bridgers Jr., (USN-Ret.) has made sure it's not forgotten. He has preserved the story in a book about the East Carolina Railway, the line his father built in 1898.

Bridgers, a member of Edgecombe-Martin County Electric Membership Corporation, lives in Tarboro, the town where the "Yellow-hammer" began.

His book, *East Carolina Railway, Route of The Yellow-hammer*, was published last June.

"It's not just a railroad book," he explains. "There is an awful lot of history of towns and people along the route." The route was Tarboro, Pinetops, Macclesfield, Fountain, Farmville, and Hookerton.

Bridgers' grandfather was attorney for the Atlantic Coast Line. A great-uncle was president of the Wilmington and Weldon, which became the Coast Line. "Sitting around the fire at night listening to them talk," Henry Bridgers got interested. At 22 he started his own railroad. He built it and he was engineer and president. At first it was called Henry's road.

Bridgers, the son and author, remembers wandering the aisles of the train. "I was a great menace to the railroad," he said.

Childhood was riding up front and friendship with the train crews. The cars were ornate and uncomfortable. He remembers brass kerosene lanterns, stained glass clerestory windows, and seat upholstery like velvet.

The trains were mostly for freight. But passengers rode too. At its peak, five or six trains were running. "Those little towns were really created by the train," Bridgers said. "At the time I'm talking

about there was no other way to travel except by wagon and that was a little worse than a train."

Small railroad lines at that time were common. "Practically all the railroads we have today are the result of hundreds of little railroads that were bought up and merged."

The East Carolina was taken over by the Coast Line in 1935, and was finally abandoned in 1965. The tracks have been leased to Superior Stone Company, for transportation to a rock quarry, but they are not now in use.

Most of the cars and engines went for scrap during World War II. There are none left.

"If there had been as much enthusiasm for railroads then as there is now, a lot of them would probably still be around," Bridgers said. "But that trend started too late for those little engines."

Captain Bridgers' Navy career took him from the trains of his boyhood to planes. He retired from service after 30 years as a Navy aviator, but he never lost interest in trains. "I travel by train every chance I get," he said. "It's rather difficult; there aren't many of them now." He also belongs to the local chapter of the National Railway Historical Society.

Since his retirement he has been keeping busy. Besides work on the book, he has "a couple of farms and warehouses" to occupy his attention. He is a director of Edgecombe Bank and Trust Company. He wrote *The Story of Banking in Tarboro* for the bank and a brochure on *Early Homes of Tarboro and Edgecombe County*.

He now is doing research on a book about steamboats on the Tar River. Until 1918, steamboats ran regular schedules on the Tar between Washington, Greenville and Tarboro. "Very few people realize this," Captain Bridgers said. "But I can remember seeing the last ones as a small child."

Peggy Payne



# Get Ready!

# Get Set!

# Go!



There are three keys to having a successful travel wardrobe!

The first key is planning. Consider these factors –

Where you are going, how long you will be staying, what you will be doing, and where you will be stopping enroute.

Set up a schedule of activities – morning, noon and evening, the same as you would set up a week of menus. Next, shop in your own closet first. Take as little as practical . . . not only good advice, it's also easier on the budget. Another suggestion is, if you doubt you'll need it . . . don't take it.

The second key is color coordination.

Build your wardrobe around a basic color. Basic colors need not be dull. Choose the colors you like and that are best for you. In this way shoes and handbags are interchangeable and this part of your travel wardrobe will be kept to a minimum.

Include coordinates to mix 'n match. Layered outfits work well in changing temperatures. Also take clothes that are appropriate for several different occasions. Remember the more versatile the outfit, the more fashion mileage you can get from it.

The third key is choice of fabric.

Knits are the number one favorite among travelers because they pack easily and cause little problem with wrinkles. No-iron jersey and permanent press are equally wise choices.

## MORE SAGE ADVICE

Three complete sets of lingerie are sufficient for most trips. One to wear, One to wash and one to spare. And of course, a robe and gown or pajamas!

Carry a generous size handbag on the trip. This way you will have room for all the little things you want handy. Pack a smaller bag for regular use after you arrive and dressy purse for evening use.

Think twice before you buy new shoes for traveling! All you should need is: one pair of good walking shoes; one pair of basic dress shoes, one pair dressy shoes for evening; and a pair of fold up slippers to be packed in your carry-on tote. These will rest your feet in flight after those many steps to the plane. They will also add comfort in the air, as feet sometimes swell after long periods of sitting.

Accessories can be the lifeblood of any wardrobe, be it travel or otherwise. Accessory magic stretches your wardrobe so bring lots of scarves, jewelry, gloves, sweaters.

Should you unpack when you arrive? Yes. If you are staying longer than just over-night unpack everything immediately while you are still in the travel mood. It will take only a few moments and will make your stay much more comfortable.

Refresh travel-wrinkled garments by hanging them in the bathroom with hot water from the tub turned on full force. The steam will straighten out wrinkles in a very short time.

## ORGANIZATIONAL HINTS

- *Important Do's:* Choose luggage that is roomy and lightweight. Set aside ample time in your pre-departure schedule for packing. You will only suffer later if you pack in a hurry or stay up all night packing the night before. By all means pack alone!
- Attach name and address to each suitcase both inside and out. It is also handy to use brightly colored plastic tapes on the outside of your luggage for easy identification in large airports.
- Assemble everything you plan to take before you begin packing, and make a check list. As you pack each item, check it off. Then pack the check list.
- Transfer cosmetics to plastic containers. They are lightweight and provide safe packing for liquids and creams. Be sure to squeeze some air from plastic bottles and recap tightly before packing to allow for an expansion at jet altitudes.
- Scotch tape is a good traveling companion; it can be used as hem mender, lint remover, bottle sealer, etc.
- Take along extra plastic bags. They will insure safe packing for the damp swimsuit you will wear for "one last swim" or the lingerie that didn't quite dry.
- Include a washcloth, as hotels and motels don't always provide one.
- Take sunglasses whether you are city or resort bound.
- And, if you wear prescription glasses, it is always wise to take a copy of your prescription.

### *Important Don'ts:*

- Never pack jewelry or other valuables in luggage you plan to check.
- Don't pack liquor in checked baggage.
- Never carry valuable personal papers, passport, or credit cards, etc. in your checked baggage.
- Don't overpack! Leave room in packed bag, or take an extra bag, for the purchases you will want to make and bring home. This will avoid armfuls of miscellaneous packages.
- Don't fret about whether you've brought everything you could conceivably need. The modern wares and comforts of civilization are sold everywhere except the polar regions. Film, toothpaste, soaps, sanitary supplies, sunglasses and panty hose are sold on tropical and Balkan hamlets. Leave your local supermarket at home.

*Miscellaneous Checklist:* Travel Clock, Sewing Kit, Manicure Set, Travel Size Laundry Kit, Inflatable Hanger



# How to pack — *Tips Courtesy of Delta Airlines*

Use the **DIVIDER** in your cases, which in effect gives you two cases in one. Pack shoes, accessories, underclothes, and sportswear on one side, dresses and suits on the other.

Pack in **SECTIONS** — lingerie together, sportswear together — rather than in layers. Diagrams following show how this works. Removal of clothes and repacking is quicker with the sectional method and results in firmer packing for fewer wrinkles than putting layers of different size garments on top of each other.

**CUSHION** each fabric fold with the fold of another fabric, rather than with tissue paper.

**FOLD** crushables like silk over cushioning layers of uncrushables such as knitted sweaters.

**HEAVY ITEMS** go at the bottom of the case, resting on the hinges at the back. That's where they would shift to anyway, when you lock and pick up your case to carry it. That would crush the garment in between. Place shoes, alarm clocks, electric shavers etc., near the hinges to avoid shifting and wrinkling in transit.

Distribute weight evenly from side to side. For instance, pack two pairs of shoes opposite each other, each pair heel-to-toe, one sole resting on hinge. With one pair to pack, put one shoe on each side of the case, soles resting on hinge. A balanced case is easier to carry.



**FASTEN**, button and zip everything before packing it.

**FOLD PRACTICALLY EVERYTHING** (slacks, excepted) lengthwise, in three sections, following body curves. This will minimize wrinkles and allow them to pull out quicker, while hanging or being worn. Fold towards the back; your shoulders and hips act as natural "irons" to any crease this way.

Follow this system for carefree packing:



**SHOES** — heel-to-toe, in fabric shoemits resting on hinge of case, so they won't shift and crush things! Packing one pair, put shoes on opposite sides; two pairs, put one pair on each side. Tuck soft things in them to conserve space.

**PURSE** — Cushion on flat scarves, toward hinges. Take hard things out (they'll mark it) and fill with stockings, etc., to keep shape. Similar placement near hinges for other "heavies" such as electric curlers.

**LINGERIE** — Fold slips, panties and girdles lengthwise in thirds, following body lines. Place in sets, roll up smoothly, pack rolls in sections as shown opposite.

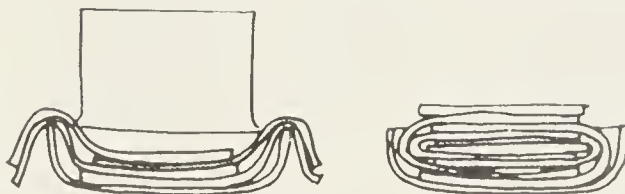
**NIGHTGOWNS AND ROBES** — Fold lengthwise in thirds, following body lines. Roll securely from top, in sets. Place in lingerie section of suitcase.

**COSMETICS** — Carry small amounts (you KNOW one bottle can last months at home) in plastic containers. Much makeup comes that way; if not, buy containers in notions department. Packing in Tote is best, or secured in side pouch. Pressed powders, unspillables can go in separate case, near hinge.

**PANTS, SWEATERS, SPORTCLOTHES** — Fold pants flat out, lengthwise, carefully on natural creases. Place first pair, waistband to side of case, back of pants toward hinge, and let hang out of case. Then, place a sweater, folded in thirds lengthwise, face down on pants, letting half the sweater hang out at right angles to the pants. Fold pants back over sweater, once, then fold rest of sweater back on top, before folding last part of pants legs back.

**GLOVES, SCARVES, STOCKINGS** — Place in the pocket of the divider; extra jewelry goes here, too, and synthetic wigs, folded inside out. For human hair wigs, you'll need a wigbox with headform. Chain belts go in the pocket; leather ones stretch around side of case.

**FOLDING DRESSES** — Start with the most fragile. Fold lengthwise on bed, front down, in thirds on natural curves. All zippers and buttons fastened, sleeves folded down back. Place in suitcase, collar touching edge and let end hang out. Place other dresses folded same way, in opposite directions, one on another, ends hanging out. Suit jackets should be placed on their skirts, folded in thirds toward back.



**FINAL FOLDING** — Now you have all the garments, facing opposite directions. Start folding them carefully back over one another, layer after layer, smoothing wrinkles. Your fragile dress, on the bottom, will fold back last—with the biggest fabric "cushion" of all for it's folds.

**REMOVING AND REPLACING GARMENTS** — The packing system outlined allows you to take out and put back individual garments without disturbing the others. When you have packed according to the system, each dress, skirt and jacket will be interfolded with the others.





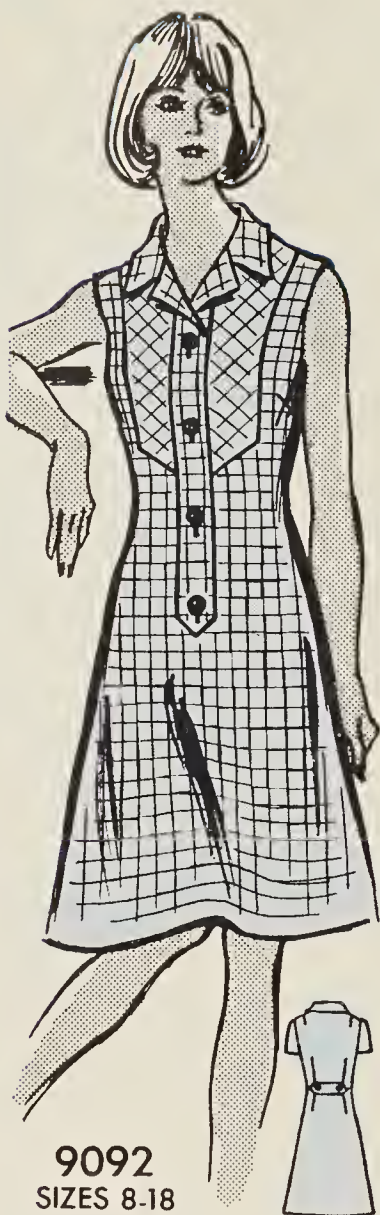
## FASHION FAVORITES



9209  
10 18  
12½ 22½



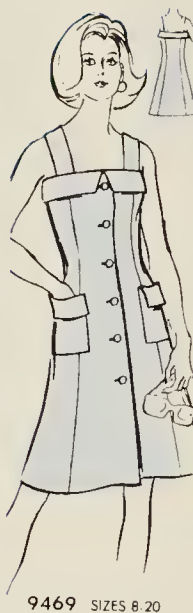
9051  
34 48



9092  
SIZES 8-18



9115  
6 12



9469 SIZES 8-20



9007  
10½ 18½

Pattern No. 9209 is cut in sizes 8, 10, 12, 14, 16 and 18.

Also sizes 12½, 14½, 16½, 18½, 20½ and 22½.

Pattern No. 9115 is cut in sizes 6, 8, 10 and 12.

Pattern No. 9051 is cut in sizes 34, 36, 38, 40, 42, 44, 46 and 48.

Pattern No. 9007 is cut in sizes 10½, 12½, 14½, 16½ and 18½.

Pattern No. 9469 is cut in sizes 8, 10, 12, 14, 16, 18 and 20.

Pattern No. 9092 is cut in sizes 8, 10, 12, 14, 16 and 18.

Send 75 cents (no stamps) for each pattern to:  
CAROLINA COUNTRY, Needlecraft Dept., Box  
162, Old Chelsea Station, New York, N.Y.  
10011. Print your name and full address with  
zip code and include the pattern number you want.

## ABOUT THE HOUSE

### Don't Lose 'Em

Paste an envelope on the inside cover of your cookbook to keep loose recipes.

### Mend Knits

When mending a knitted article of clothing, place the torn part of the garment over a clean hair brush bristle side up. The bristles hold the hole in place and keep the yarn from stretching while you do the mending.

### Repair Windows

If you want to save windows that have started to rot, mix six cups of sawdust and one cup of white glue. Add enough water so the mixture is moistened. Clean the decayed wood particles away and pack firmly with this mixture.

### Pamper the Patient

To protect blankets in a sickroom and pamper the patient, spread a pretty covering over the lap and under a food tray. For this, just pink the edges of a square yard of soft plastic or hem a length of washable cloth perhaps adding a lace trim. Either cover will catch food spills and be easily sponged off or washed with soap or detergent suds.

### Wig Care

Synthetic hair needs almost as much washing as real hair. Hairpieces, wigs and falls should be shampooed every eight to twelve wearings — more often if hairspray is used.

If you have any helpful hints or special information that you would like to share with our readers, send them to: About the House, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602.





## KITCHEN CORNER

### AN ALL AMERICAN FAVORITE

June and early July is cherry-picking time in the mountains of North Carolina, and to go along with the abundance of fresh cherries is a recipe for Cherry Cobbler. The recipe of the month was sent in by Mrs. Doris Edwards of West Jefferson, whose husband took the lovely picture that appears on this month's cover (see cover note). Mrs. Edwards suggests that we top off this All American favorite with ice cream for a great summer dessert. The Edwards are served by Blue Ridge EMC.

If you have a favorite recipe that you would like to share through this column, send it to: Brenda Sargent, Kitchen Corner, P.O. Box 1699, Raleigh, N.C. 27602. Tell us something about the recipe and any helpful tips you have covered in preparing it, your family and the name of the NC that serves you. We pay \$2 for the recipe chosen monthly for this column.

### CAROLINA COUNTRY RECIPE

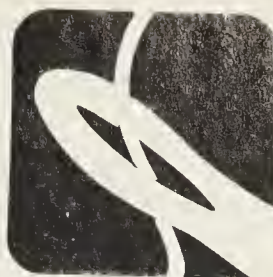
#### Cherry Cobbler

Submitted by Mrs. Doris Edwards, Rt. 3, West Jefferson

2 cups cherries  
salt  
sugar  
all purpose flour  
butter  
1 egg  
½ cup milk  
1 tsp. baking powder

mix cherries, dash of salt, sugar to taste, and 1 tablespoon of flour. Put in shallow 1-½ quart baking dish and dot with butter. Mix egg, milk, and ½ cup melted butter. Sift 1-½ cups flour, ½ teaspoon salt, ½ cup sugar and the baking powder. Add liquids and stir until blended; pour over cherries. Bake in a hot oven at 425 degrees about 30 minutes.

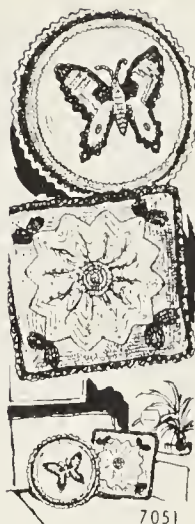
To use self-rising flour, omit salt and baking powder.



## NEEDLE CRAFT

### Pattern No. 7051

Brilliant butterfly and daisy motifs accent this giftworthy pair of pillows. Crochet of washable, synthetic worsted in bright colors.



### Pattern No. 7423

Layer these cable stitched sweaters over shirts or wear alone this summer to show off a tan. Knit of synthetic sport yarn.



### Pattern No. 7078

Mother and daughter matching capes make good gifts! Be carefree in matching up bright colors. Crochet in easy ripple design.

7372



### Pattern 7372

Crochet this handsome vest or jacket of worsted for the man in your life. Add a bow tie and he'll have the Great Gatsby Look!

Send 75 cents (no stamps) for each pattern to:  
CAROLINA COUNTRY, Needlecraft Dept., Box  
162, Old Chelsea Station, New York, N.Y.  
10011. Print your name and full address with  
zip code and include the pattern number you want.



# CONSUMER NEWS

*This article has been prepared by the North Carolina State Attorney General's Consumer Protection Division. If you have a complaint or information about unfair or deceptive trade practices, notify the Consumer Protection Division, Office of the Attorney General, P.O. Box 629, Raleigh, North Carolina 27602.*

The availability and ease of installment building has thrust countless consumers into financial turmoil.

To unravel this budget tangle, many banks and loan companies have developed consolidated debt loan services.

Under such programs, the consumer lists and totals all his bills. The bank lends this overall amount to the consumer to pay off all the outstanding debts. The consumer then pays only on monthly payment - this one to the bank.

Getting out from under the pressure of a mailbox full of threatening "final notice" payments has caused the "debt consolidation loan" to become quite popular.

But, this popularity has given rise to a new (and illegal) industry - "debt pooling," "debt adjusting" or "budget counseling."

Advertising in nationally distributed magazines, the "debt poolers" encourage consumers to "Get your bills paid. We can help you!"

The ads go on to say: "We are not a loan company, so poor credit is no problem! (Maximum total debt accepted is \$20,000.) Send your name and address. We'll mail more information and a CONFIDENTIAL application."

The Consumer Protection Division began an investigation into the claims and trade practices of one of these adjusters, United Security Corporation of Providence, Rhode Island.

Several complaints against the company have been filed by North Carolina consumers.

To date, results of the investigation suggest that when people respond to poolers ads, they receive a letter by return mail. The letter instructs the consumer to call the pooler's office.

When he calls, the debtor is told that as soon as his first check arrives, the company will contact all his creditors and arrange to pay them.

The pooler leads debtors to believe that his creditors will be happy with this arrangement but creditors are under no obligation to accept partial payment.

Often vague about the fee required for the service, the pooler has been known to keep all the consumer's money for himself. Standard fees include a \$40 bookkeeping fee and an on-going charge of six per cent of the total amount of debts handled.

At best, the pooler does nothing the consumer couldn't do for himself. In fact, some lending institutions offer free budget counseling service to overburdened debtors.

A typical victim of the dishonest debt pooler is a central North Carolina man. He wrote: "I've gotten myself into a spot...I got tied up with a company. I was to send them \$50 a week and they were to pay all my monthly bills..."

"We sent them \$50 a week for five weeks...They still didn't pay anybody I owed. When we tried to contact the head man, we were only told he was out of the office... We asked that they send our money back... They haven't..."

"I just can't understand anyone taking a person's hard-earned money like that..."

Because countless citizens have been victimized by commercial debt poolers, 29 states have outlawed the practice. The North Carolina legislature passed law in 1963 which provides that these practices are illegal. Debt adjusting is defined in the statutes as the business of acting (or offering to act) for a fee as an intermediary between a debtor and his creditor to settle a debt. (GS 14-423)

An estimated 25 to 30 mail-order adjusters are in business nationally. These relatively few agencies take in millions of dollars annually from economically distressed families.

The base of operation for many debt poolers is Rhode Island. That state's law only forbids the poolers from preying on Rhode Islanders. Consumers in the rest of the country are fair game.

Attempts to repeal or modify the law have been defeated.

The president of the Rhode Island Better Business Bureau says that office has received thousands of complaints from all over the country about the poolers.

Several poolers have been indicted for federal mail fraud violations.

During one such trial in 1971 in Providence, R.I., testimony revealed that the poolers did little or nothing for their customers although the firm grossed \$260,000 a year.

In a case two years earlier in Detroit, postal authorities estimated the public was bilked of \$15 million by a pooler who had 56 offices nationwide.

Some 53 debt poolers have been convicted of fraud in the last eleven years.

Only recently, the federal government has indicted Robert Schettin alias Robert Scott, in Rhode Island on mail fraud charges. His company, United Security Corporation, has been closed permanently.

The Consumer Protection Division has contacted the Rhode Island Attorney General's office to see if refunds are available to North Carolina victims of United Security Corp.

Division director Jim Blackburn noted, "It appears unlikely that the monies will be forthcoming. The defendant, Scott, is in jail."

## TRADITIONS IN TRANSITION (Continued from page 7)

our activities and resources in the smaller communities, and we're continuing that same approach this year.

Since the resources for developing project proposals are often quite limited in smaller communities, the NCCCEH has taken steps to give special assistance when it is needed.

"We now have funds available to pay for a consultant to visit a community and help its leaders actually put a project together," Dr. Noel pointed out. "And, we have prepared a booklet listing some of the resource people that a community might want to involve in their projects."

The committee is now accepting applications for the second set of grants to be awarded this year. The deadline for submitting these proposals is Sept. 15.

Additional information and application forms may be obtained by writing Dr. Noel, NCCCEH, 1209 W. Market St., Greensboro, N.C. 27411.



# POET'S CORNER

VERSES FROM OUR READERS

## He Cared

brought to you all my cares,  
brought to you all my tears,  
gave you my broken heart,  
and told you of a thousand fears.  
  
ou smiled and held me like a child,  
and gently wiped away my tears.  
our tender love made me whole  
and washed away all my fears.  
  
e only way to thank you  
r all that you have done for me;  
to give my love to others  
st as you gave yours to me.

Kay Lynn  
Hickory

## Daddy's Eyes

rddest green I've ever seen  
in a face hard and lean...  
nned and toughened by the wind,  
at he often though had fathered him.

Jim Waters  
Washington, N.C.

## Remember

ou remember yours?  
O how I remember mine!  
L yesterday it was.  
W n times were tight.  
L the fun we had and games we played,  
T songs we sang — jokes he made.  
E n the roughness of his anger.  
A most of all, that tender smile.  
O how I remember, like yesterday!

Barbara Adams  
Fayetteville

## My Father's Pal

M ather's dog died today  
R oued from some drainage canal.  
T eep away,  
M ather's pal.  
  
H e as older than I.  
S t age, but my father knew why.  
B r oters they were of old;  
H u er and protector in sinister cold.  
H e as buried upon that hill —  
F a r's favorite flower field;  
B u did nothing for father's morale,  
T h inal sleep of his lifelong pal.  
M y ther's dog died,  
H e died .....

W.E. Williams  
Farmville

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Time at home \_\_\_\_\_



# What are some reasonable and effective ways to help your parents understand you?

"Communication is the most important factor in striving for understanding. You have to realize that your parents are people, too, and at times they are wrapped up in their own problems, but they are honestly interested in knowing what's on your mind. It is usually not easy to be open and honest with them, but the barriers can be penetrated with time and serious effort."

**Shirley Jackson**  
Fayetteville

*Shirley is 18 and enjoys such pastimes as painting, reading and writing. She and her husband are served by South River EMC.*

"Learn to know your parents better. Talk to them about their feelings, their opinions, their desires. Tell them about yours. Be interested in things that interest them. If Dad is spading the garden, go out without being asked, get a shovel and help him. Talk to him about his work. Offer without being told on Saturday morning to help Mom and at the same time get to know her better. They will not care if your hair is long, because they will know your heart is kind. They will want you to be happy as possible. Do not criticize them — appreciate them instead. Be considerate of their feelings and they will be considerate of yours. Try to bring some small help or joy to them each day. Care and concern grow and are contagious."

**Ronald Cathey**  
High Point

*Ron is a freshman at UNC-Charlotte and has a twin brother who is a freshman at Wingate College. Ron's hobbies include boating, skiing, camping, tennis, and golf among other things.*

*The Cathey family has a summer home on High Rock Lake which is served by Davidson EMC.*

"The best thing to do is to sit down and talk to your parents about your problems. Let them know how important it is for them to understand you. What you want them to know, explain clearly. Have patience with them. If that doesn't work, you may find a close adult friend or aunt that you can go to and talk your problem over with. Ask this person if he would help your parents to understand."

**Deborah Edwards**  
Warrenton

*Deborah is 16 and in the 10th grade at John Graham High School. She enjoys riding bicycles and music. Her parents, the Rev. and Mrs. Wendell Edwards, are served by Halifax EMC.*

"The best way to help your parents understand you is to try to understand your parents. When you don't agree on something, talk it out and be as open-minded as you think they should be. You must learn to compromise if you are going to get along with people; this begins at home."

**Diane Carlton**  
Wake Forest

*Diane is 16 and a junior at Wake Forest — Rolesville Senior High School. She enjoys sewing and decoupage. Mr. and Mrs. Cecil G. Carlton, her parents, are served by Wake EMC.*

## **TEEN ROUNDTABLE**

**If one parent tells you to do one thing and the other parent the opposite, what should you do?**

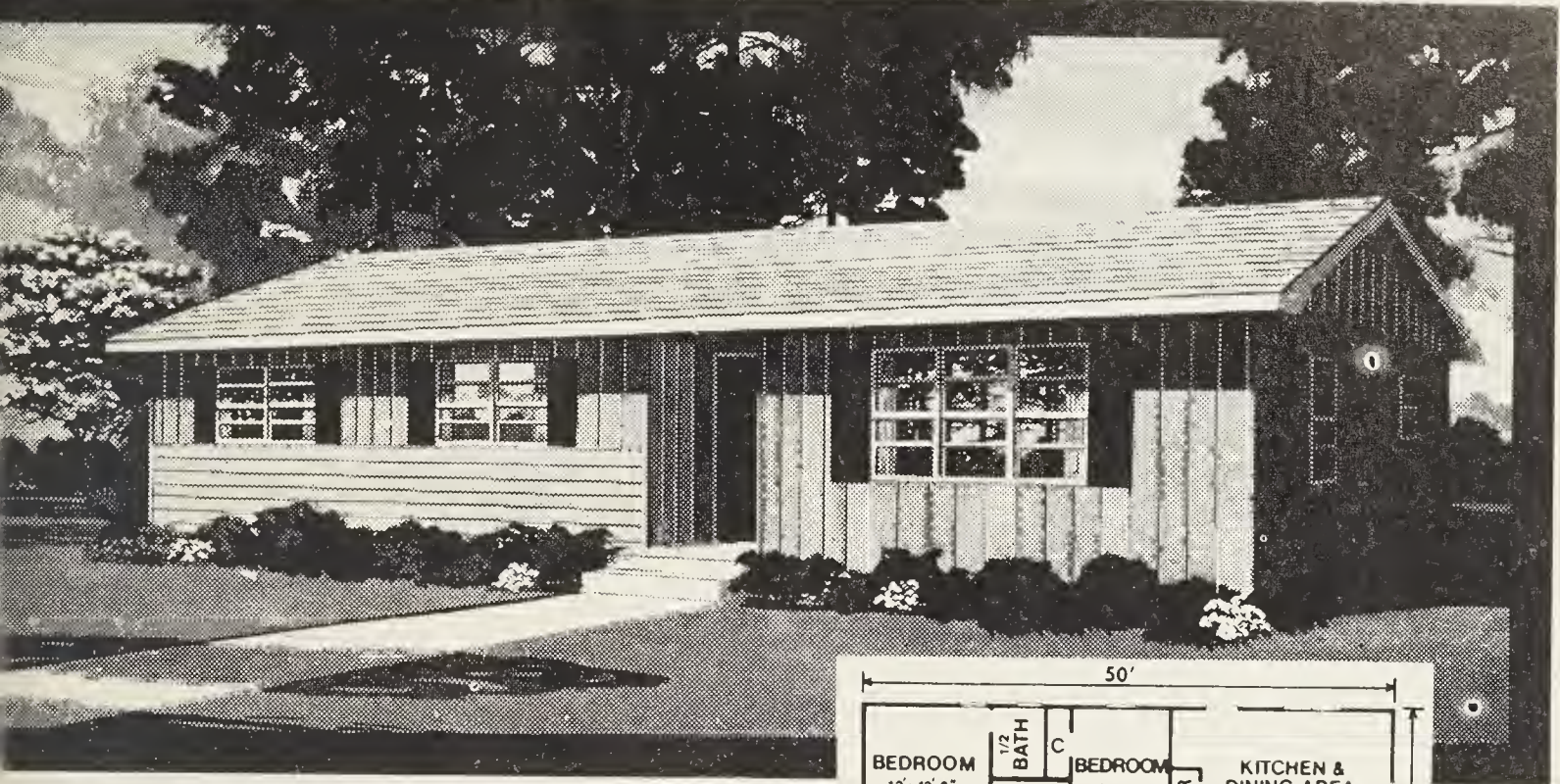
This question was submitted by Joyce Canady of Rt. 2, Box 264 Pantego. Joyce is 16 and attends Pantego High. Her hobbies include dancing, singing and writing. The Canady family is served by Tideland EMC.

If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602 at once. Tell us a few facts about yourself — your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5. If you want to submit a question, send it along and for each one used the sender will get a \$5 check.



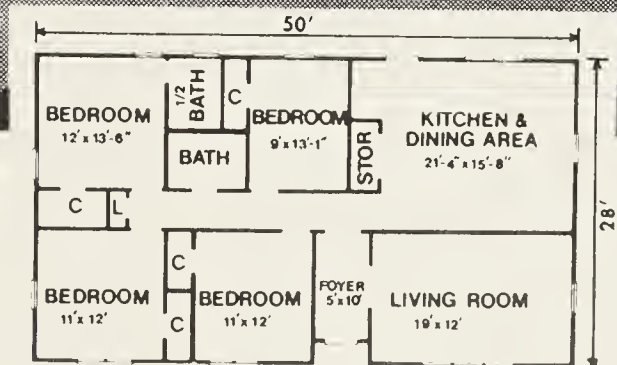
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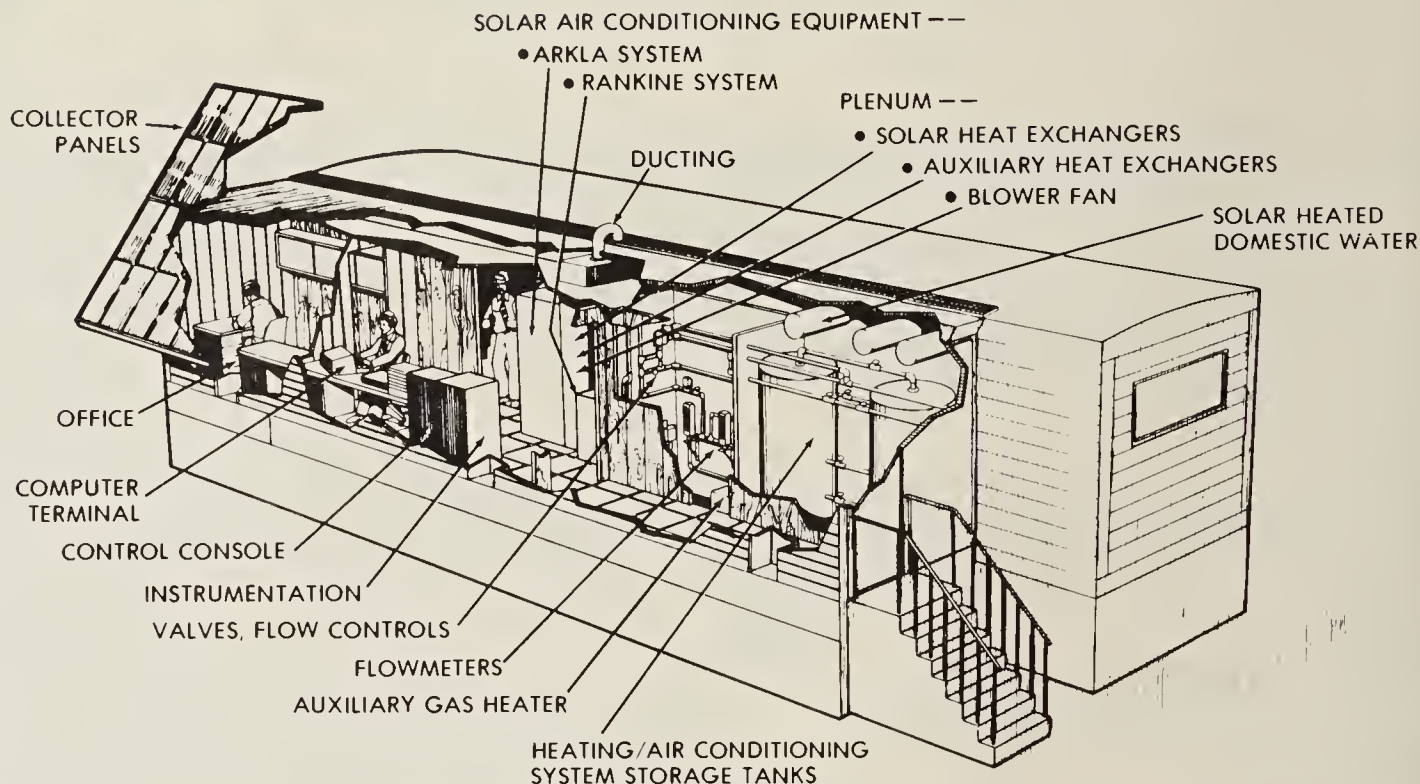
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# SOLAR

# HEATING/AIR CONDITIONING LABORATORY



Information aimed at practical harnessing of the sun's energy for heating and cooling of homes and other buildings is being collected by a mobile solar energy laboratory in a project which will take it to varying climates throughout the United States.

The laboratory, housed in two large trailers, underwent initial testing in April at the National Bureau of Standards in Gaithersburg, Md. After calibration and evaluation of its experimental systems and weather instrumentation, it departed on its data-gathering tour. First phase of the experiment dealt with solar heating, but advanced systems for solar energy cooling were being installed at an early stop.

A major purpose of the research project, sponsored jointly by the National Science Foundation (NSF) and Honeywell, Inc., is to obtain correlation of solar energy systems with local requirements which vary widely over the country. Visiting the laboratory to exchange information with researchers on specific needs in adapting such systems for use in communities along the route are local groups of designers, architects, build-

ing contractors, and zoning and building code officials.

The experiment is expected to continue until the fall of 1975.

One of the trailer units carries the solar energy apparatus, instrumentation and data acquisition equipment. The second, an office trailer, represents the "load" on the system — the building to be heated, cooled and supplied with hot water by solar power. Its floor space is approximately that of a small home. The energy system includes a storage tank in which sunheated water provides a reserve for nights and for days of diminished energy from the sun.

The instrumentation includes a weather station which will gather data on insolation (incoming solar energy) in different parts of the country and through changing seasons.

The solar collection system is made up of 650 square feet of collector panels covered by transparent plastic and glass. Each panel consists of two metal plates between which water is circulated and can be heated to about 140 degrees F.

The Bureau of Standards, meanwhile, has been "retrofitting" an experimental four-bedroom townhouse

on the bureau's grounds in the Washington area with a solar energy system similar to that of the mobile laboratory. Installation is expected to be completed this summer and tests will continue for a year or more.

The bureau, under an NSF contract, also is developing standardized performance rating procedures for solar collectors and storage units. Several bills are pending in Congress which would require the bureau and other governmental agencies to develop performance criteria for solar energy systems for the benefit of consumers.

At a news conference regarding the mobile laboratory, a Honeywell spokesman expressed belief that "there is a real market for houses and commercial buildings" using solar energy. He said, however, that two or three more years of testing are needed prior to large-scale production of long-lasting structures at reasonable cost. He added that, while solar energy may be expected to furnish from 50% to 80% of a building's needs, supplementary conventional systems should be available as a back-up.

Graham W. Ho



# Must Such Programs Die?

Unless Congress comes to the rescue, the Economic Opportunity Act will expire June 30, 1974. The result could be the end of Community Action Agencies such as those operating under the Yadkin Valley Economic Development District and the end of programs like those serving the poor, disadvantaged and elderly people of Yadkin, Stokes, Davie and Surry counties.

The community center in Lone Hickory in southwest Yadkin County is buzzing with the excitement generated by 47 senior citizens, many of whom were neighbors and had not seen each other in years. The occasion is the opening of the first Feeding the Elderly Program (FEP) in the area, the first rural undertaking of its kind in the State.

The FEP program is being funded through title VII of the Older Americans Act. The grant for the 12-month program was applied for and awarded to Yadkin Valley Economic Development District, Inc., a private, non-profit corporation serving Yadkin, Davie, Surry and Stokes counties.

However, recent developments have threatened the existence of such programs through the expiration of the Economic Opportunity Act (EOA) on June 30, 1974. With June 30, pending Congressional action, the legislation of the Office of Economic Opportunity (OEO), which provides administrative money as well as some categorical funding for programs for low-income persons, will expire. With OEO, 36 Community Action Agencies (CAAs) also expire in North Carolina alone. There are 980 CAAs in the nation, employing approximately 20,000 people.

The purpose of the FEP program is to help combat poor eating habits or malnutrition among the elderly by providing one hot meal per day. One of the stipulations in the grant award is that the meals must be served in a segregated setting in order to stimulate the social interaction of senior citizens. One person's doctor was consulted to see if she could attend and if there should be any dietary restrictions. Although she is 84 years old and depends on a wheel-chair, her doctor noted a marked improvement in

her general physical condition. Each of the four counties now has a center in operation, with a possibility of a second center opening in Yadkin.

Other programs sponsored by Yadkin Valley for senior citizens include the Retired Senior Volunteer Program (RSVP), which serves to mobilize the talents of retired persons by helping them find service-related programs for which they volunteer their time. RSVP volunteers also staff the FEP centers.

Another FEP, funded by OEO, provides "Meals on Wheels" for home-bound senior citizens. And through assistance from Community Action Agencies, senior citizens from across the state have formed the North Carolina Senior Citizens Federation to aid in giving older Americans a voice in policy and decisionmaking that affects them.

Community Action Agencies have often originated and implemented programs for children and youth. Projects such as Head Start have provided educational experiences for pre-school children, as well as getting parents involved in Head Start parents' programs. There are 18 centers in the four counties of Yadkin Valley with an enrollment of 355 children.

Manpower programs, such as New Careers and Neighborhood Youth Corps (NYC), are designed to employ low-income persons in service-related jobs. For example, NYC may place students to work at the Health Department after school and/or during the summer to help with school expenses and family expenses.

New Careers is funded by the Department of Labor and offers a cooperative work-study program for persons either unemployed or underemployed. Participants are paid up to 40 hours per week at the minimum wage and spend part of their time in class and part of their time gaining practical on-the-job training. They receive vocational as well as educational counseling, and are aided in planning their curriculum to fit their needs, whether it involves completion of the high school equivalency or work-related courses leading to an associate's degree.



Lone Hickory volunteers serve . . .



. . . hot lunch for senior citizens.

In the past several months most programs administered by OEO have been transferred to other agencies: Manpower programs to the Department of Labor; Head Start and most senior citizens programs to Health, Education and Welfare. OEO still administers legal services and Community Action Agencies.

Nixon Administration policy has been moving toward a complete shut down of the Office of Economic Opportunity. With the advent of New Federalism the President intends to leave Community Action survival to local officials, to determine the local CAA's effectiveness and to be funded, if warranted, with General Revenue Sharing funds.

However, there is still the possibility that Congress will extend the Economic Opportunity Act. Many legislators feel that if funding is left up to local government officials, Community Action Agencies will not survive, especially in rural areas and in the South.



# HALE

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potter makes vase to demonstrate his skills for visitors at annual Craftsman's Fair

# Craftsman's Fair

Both traditional and contemporary crafts will be featured at two huge Craftsman's fairs scheduled during 1974: the Southern Highland Handicraft Fair in Asheville, N.C., and the City of Gatlinburg, Tenn.

The first will be in Asheville's new Civic Center, July 8-12, with the second slated for Oct. 15-19 in the City Auditorium at Gatlinburg, Tenn.

Both fairs will present a wide variety of crafts, ranging from woodworking to enameling, from textiles to weaving materials, from jewelry to printing. There will be hooked rugs, pottery, handmade furniture and woodcarvings, cornshuck dolls and Haw Whimmy Diddles. Whatever the craft, it will bear the unmistakable mark of handmade excellence.

These crafts will be offered for sale at the fairs, and craftsmen will demonstrate their skills for visitors.

The handicrafts tradition of the Southern Appalachian region is a legacy of the harsh conditions and isolation of frontier life in the area. Those mountain families were forced to pro-

duce the necessities and amenities of their daily lives.

But, in 1930, the founders of the Guild believed that handicrafts might do more than fill the needs of the craftsmen: they might bring pleasure to many who would be willing to buy them. As a result of the efforts of this non-profit educational organization, mountain folk have been taught to produce their crafts for sale — and given an abiding sense of pride in their workmanship.

The Guild now serves 2,000 member craftsmen in the Appalachian regions of the Carolinas, Virginia, Tennessee, Kentucky, Georgia, Alabama and Maryland.

In addition to sponsoring the two fairs, it operates four retail shops which sell only wares of its members. Two of them, Allamstand and Guild Crafts, are located in Asheville. The others are the Guild Gallery in Bristol, Va., and Parkway Crafts Center near Blowing Rock.

## Crafts for All

The welcome mat will be out at Morehead City in July for everybody who appreciates Tar Heel handicrafts and those who would like to know more about them as well.

A crafts fair known as "Expo '74" will be held there in the Morehead City armory July 13-14.

The 1974 edition of the Albemarle Craftsman's Fair will be held at Elizabeth City in the armory September 25-29.

Later in the year, the Arts and Crafts Fair will be held at Rocky Mount in the Tarrytown Mall November 7-9, and Piedmont Craftsman Inc. will hold its Crafts Fair at the Winston-Salem Coliseum in November.

Your County Extension Service Office or Home Demonstration Agent may be able to give you more information about these craft fairs and others you might like to attend.

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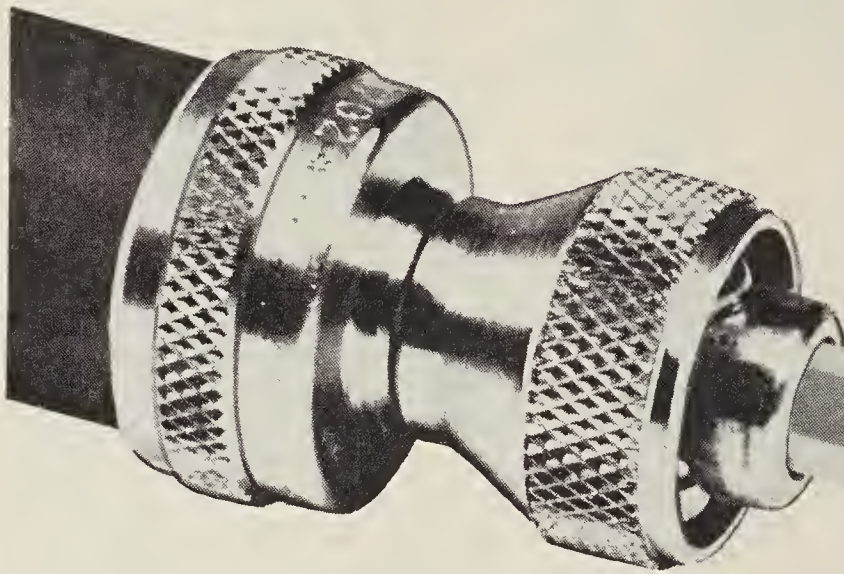
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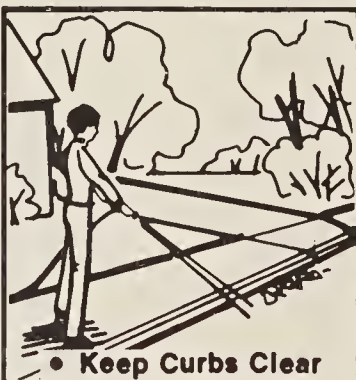
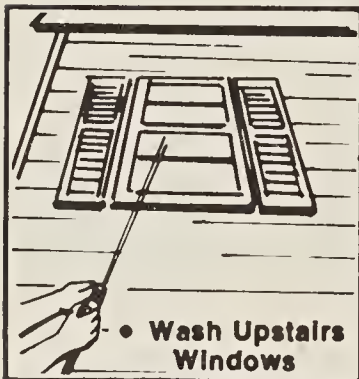
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